

2009

Kentucky Area Development District (ADD) Profiles 2009 Behavioral Risk Factor Surveillance System (BRFSS)



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Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

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Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Executive Summary

The following report consists of data collected by the Kentucky Behavioral Risk Factor Surveillance System (KY BRFSS) program for the calendar year 2009. The BRFSS is a collaborative project of the Centers for Disease Control and Prevention (CDC) and the Kentucky Department for Public Health (KDPH). Currently, all 50 states and the District of Columbia participate in this surveillance system. The BRFSS objective is to collect uniform, state specific data on preventive health practices and risk behaviors that are linked to chronic diseases, injuries, and preventable infectious diseases that affect the adult population.

CDC publishes the data collected by each state on their website. This website has data at state level but not at sub-state level. In most cases, each state constitutes a single stratum. However, to provide adequate sample sizes for smaller geographically defined populations of interest, some states sample disproportionately from strata defined to correspond to sub-state regions. In Kentucky we sample all fifteen Area Development Districts (ADD), each of which has 500 completes, so we currently have fifteen strata.

The ADD level data is not available on the CDC website. The main purpose of this document is to provide data in a timely manner to the Area Development Districts so the local health departments can use this data for strategic planning and prioritize program management. BRFSS data can be used to identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs. It can also be used to support health-related legislative efforts. The program hopes that this report will be useful in assisting the districts in identifying the health needs within their region.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is a cross-sectional telephone health survey jointly sponsored by the Centers for Disease Control and Prevention (CDC) and the Kentucky Department for Public Health (KDPH). The survey is randomly administered to non-institutionalized civilian adults age 18 or older who are living in a household with a telephone. Participation in the survey is strictly voluntary. Personal identifying information, such as a person's name or address, is not collected. The BRFSS is a nationwide surveillance tool. In Kentucky, the BRFSS has been conducted continuously since 1985.

This document presents a data profile of each Area Development District (ADD) based on prevalence data collected from the 2009 Kentucky Behavioral Risk Factor Surveillance System (BRFSS) Survey. Kentucky has 120 Counties that are divided into 15 ADDs for the planning of a variety of programs. Data for this report are analyzed by ADDs, rather than by county, because sample sizes for most counties are too small to provide statistically reliable estimates. Statewide and nationwide prevalence estimates have been included for comparison.

Counties in each ADD	
Barren River:	Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren
Big Sandy:	Floyd, Johnson, Magoffin, Martin, Pike
Bluegrass:	Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford
Buffalo Trace:	Bracken, Fleming, Lewis, Mason, Robertson
Cumberland Valley:	Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley
FIVCO :	Boyd, Carter, Elliott, Greenup, Lawrence
Gateway:	Bath, Menifee, Montgomery, Morgan, Rowan
Green River:	Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster
Kentucky River:	Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe
KIPDA:	Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble
Lake Cumberland:	Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne
Lincoln Trail:	Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington
Northern Kentucky:	Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton
Pennyrile:	Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, Trigg
Purchase:	Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, McCracken, Marshall

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Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

List of Variables	Nationwide * (States and DC)	Kentucky	
	Median %	%	95% CI
Alcohol Consumption			
Adults who reported heavy drinking	5.1	4.8	3.7 – 5.8
Adults who reported binge drinking	15.8	12.4	10.8 – 13.9
Arthritis			
Adults who have arthritis	26.0	35.6	33.8 – 37.3
Asthma			
Adults who currently have asthma	8.8	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	13.5	14.9	13.5 – 16.2
Cardiovascular Disease			
Adults who have ever had a heart attack	4.0	5.9	5.2 – 6.6
Adults who have coronary heart disease	3.8	6.0	5.3 – 6.6
Adults who have ever had a stroke	2.4	3.7	3.1 – 4.3
Cholesterol Awareness			
Adults who had their blood cholesterol checked in past 5 years	77.0	78.3	76.5 – 80.1
Adults with high blood cholesterol	37.5	41.6	39.8 – 43.5
Diabetes			
Adults who have Diabetes	8.3	11.5	10.5 – 12.5
Disability			
Adults with limited activity due to physical, mental, or emotional problems	18.9	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	7.0	9.9	8.9 – 11.0
Fruits and Vegetables			
Adults who consume 5 or more servings of fruits or vegetables per day	23.4	21.1	19.5 – 22.3
General Health Status			
Adults who reported good or better health	85.5	77.2	75.8 – 78.6
Health Care Access/Coverage			
Adults who have health care coverage	85.6	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	83.1	81.3	79.6 – 83.1
Hypertension Awareness			
Adults who have high blood pressure	28.7	36.4	34.7 – 38.1
Immunization			
Adults aged 65+ who had a flu shot in past year	70.1	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	68.5	66.8	64.2 – 69.5
Overweight and Obesity (BMI)			
Adults who are overweight (BMI = 25.0 – 29.9)	36.2	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	26.9	32.4	30.6 – 34.1
Physical Activity			
Adults who participate in any physical activity	76.2	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	51.0	45.7	43.7 – 47.6
Tobacco Use			
Adults who are current smokers	17.9	25.6	23.9 – 27.3

*Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, [2009]

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Barren River ADD	Barren River		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	2.7	0.6 – 4.8	4.8	3.7 – 5.8
Adults who reported binge drinking	12.3	7.7 – 16.9	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	33.4	28.2 – 38.6	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	11.5	7.1 – 16.0	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	14.0	9.5 – 18.6	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	7.2	4.9 – 9.4	5.9	5.2 – 6.6
Adults who have coronary heart disease	5.8	3.7 – 7.9	6.0	5.3 – 6.6
Adults who have ever had a stroke	5.1	2.8 – 7.5	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	73.0	66.3 – 79.8	78.3	76.5 – 80.1
Adults with high blood cholesterol	41.5	35.7 – 47.3	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	9.4	6.8 – 11.9	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	23.9	19.2 – 28.7	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	10.7	7.3 – 14.0	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	23.0	17.7 – 28.3	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	76.6	71.9 – 81.3	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	86.5	82.0 – 90.9	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	84.3	78.9 – 89.7	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	31.3	26.1 – 36.6	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	61.7	53.5 – 70.0	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	57.6	49.0 – 66.1	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	33.4	27.8 – 39.0	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	31.7	25.5 – 37.9	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	68.1	62.5 – 73.7	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	43.4	36.8 – 49.9	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	26.0	20.0 – 31.9	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Big Sandy ADD	Big Sandy		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	3.6	1.3 – 6.0	4.8	3.7 – 5.8
Adults who reported binge drinking	9.9	6.6 – 13.2	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	41.8	37.0 – 46.6	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	14.4	10.8 – 18.0	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	18.8	14.8 – 22.7	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	11.3	8.1 – 14.4	5.9	5.2 – 6.6
Adults who have coronary heart disease	10.6	7.5 – 13.8	6.0	5.3 – 6.6
Adults who have ever had a stroke	6.2	4.0 – 8.5	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	78.2	73.6 – 82.9	78.3	76.5 – 80.1
Adults with high blood cholesterol	49.9	44.7 – 55.0	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	16.0	12.7 – 19.4	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	37.9	33.2 – 42.6	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	14.8	11.4 – 18.3	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	16.7	13.0 – 20.4	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	65.8	61.3 – 70.3	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	76.7	72.1 – 81.3	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	72.2	66.8 – 77.6	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	43.7	38.9 – 48.5	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	60.4	49.7 – 71.1	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	64.5	53.8 – 75.2	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	30.7	26.1 – 35.3	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	38.0	33.1 – 42.8	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	59.8	55.1 – 64.5	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	37.8	32.7 – 42.9	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	32.0	27.2 – 36.9	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Bluegrass ADD	Bluegrass		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	3.3	1.5 – 5.1	4.8	3.7 – 5.8
Adults who reported binge drinking	11.2	7.4 – 15.1	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	33.4	28.3 – 38.6	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	10.3	6.3 – 14.2	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	15.2	10.6 – 19.8	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	3.1	1.6 – 4.5	5.9	5.2 – 6.6
Adults who have coronary heart disease	4.5	2.7 – 6.3	6.0	5.3 – 6.6
Adults who have ever had a stroke	1.8	0.8 – 2.8	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	80.5	75.0 -86.0	78.3	76.5 – 80.1
Adults with high blood cholesterol	44.8	38.9 – 50.7	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	8.9	6.3 – 11.6	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	20.0	15.6 – 24.5	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	9.8	6.5 – 13.1	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	20.9	16.3 – 25.4	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	81.2	77.1 – 85.4	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	82.6	77.4 – 87.9	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	79.4	73.3 – 85.5	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	33.6	28.6 – 38.6	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	78.1	70.8 – 85.5	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	67.4	58.3 – 76.5	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	33.9	28.4 – 39.3	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	32.5	26.9 – 38.1	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	73.7	68.9 – 78.6	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	46.4	40.5 – 52.2	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	21.5	16.3 – 26.8	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Buffalo Trace ADD	Buffalo Trace		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	5.5	1.2 – 9.8	4.8	3.7 – 5.8
Adults who reported binge drinking	11.7	6.9 – 16.5	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	31.6	26.0 – 37.2	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	9.4	6.5 – 12.3	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	12.9	9.2 – 16.5	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	6.0	3.9 – 8.2	5.9	5.2 – 6.6
Adults who have coronary heart disease	6.1	3.9 – 8.3	6.0	5.3 – 6.6
Adults who have ever had a stroke	5.6	2.7 – 8.5	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	78.3	72.3 – 84.2	78.3	76.5 – 80.1
Adults with high blood cholesterol	36.7	30.9 – 42.5	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	14.2	10.3 – 18.1	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	23.4	18.3 – 28.6	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	8.9	6.4 – 11.5	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	18.2	13.3 – 23.1	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	73.2	67.9 – 78.6	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	81.6	76.5 – 86.8	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	77.3	71.0 – 83.7	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	36.4	30.8 – 42.0	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	65.8	57.3 – 74.3	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	62.7	53.9 – 71.6	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	36.7	30.1 – 43.2	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	33.6	27.7 – 39.6	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	69.6	64.3 – 75.0	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	46.9	40.3 – 53.5	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	29.2	23.0 – 35.3	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Cumberland Valley ADD	Cumberland Valley		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	5.6	0.1 – 11.1	4.8	3.7 – 5.8
Adults who reported binge drinking	8.9	3.2 – 14.6	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	43.4	37.7 – 49.1	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	13.4	9.8 – 16.9	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	16.7	12.8 – 20.5	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	7.9	5.4 – 10.5	5.9	5.2 – 6.6
Adults who have coronary heart disease	7.3	4.8 – 9.7	6.0	5.3 – 6.6
Adults who have ever had a stroke	4.3	2.1 – 6.5	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	77.8	71.7 – 83.9	78.3	76.5 – 80.1
Adults with high blood cholesterol	40.1	34.8 – 45.5	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	14.6	11.1 – 18.2	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	33.2	27.9 – 38.6	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	12.2	8.9 – 15.5	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	21.4	16.8 – 26.1	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	64.6	59.3 – 69.8	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	76.8	70.7 – 83.0	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	72.5	65.3 – 79.8	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	38.6	33.3 – 43.8	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	68.8	60.4 – 77.2	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	68.7	60.1 – 77.2	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	35.6	30.2 – 41.0	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	32.1	26.8 – 37.4	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	62.8	57.4 – 68.1	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	41.8	35.8 – 47.9	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	30.9	25.6 – 36.3	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

FIVCO ADD	FIVCO		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	2.4	0.9 - 4.0	4.8	3.7 - 5.8
Adults who reported binge drinking	6.6	3.5 - 9.6	12.4	10.8 - 13.9
Arthritis				
Adults who have arthritis	41.6	35.6 - 47.7	35.6	33.8 - 37.3
Asthma				
Adults who currently have asthma	11.7	7.0 - 16.4	10.2	9.0 - 11.3
Lifetime asthma prevalence among adults	15.5	10.6 - 20.5	14.9	13.5 - 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	6.0	3.8 - 8.3	5.9	5.2 - 6.6
Adults who have coronary heart disease	8.3	5.6 - 11.1	6.0	5.3 - 6.6
Adults who have ever had a stroke	2.1	1.0 - 3.2	3.7	3.1 - 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	81.5	76.1 - 86.9	78.3	76.5 - 80.1
Adults with high blood cholesterol	43.3	37.1 - 49.5	41.6	39.8 - 43.5
Diabetes				
Adults who have Diabetes	13.0	9.5 - 16.6	11.5	10.5 - 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	30.4	24.5 - 36.3	24.8	23.3 - 26.3
Adults with health problem(s) that requires the use of special equipment	9.5	6.6 - 12.3	9.9	8.9 - 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	18.7	13.9 - 23.6	21.1	19.5 - 22.3
General Health Status				
Adults who reported good or better health	72.4	66.9 - 77.9	77.2	75.8 - 78.6
Health Care Access/Coverage				
Adults who have health care coverage	78.2	72.5 - 84.0	84.4	82.9 - 85.9
Adults aged 18-64 who have health care coverage	72.9	66.0 - 79.9	81.3	79.6 - 83.1
Hypertension Awareness				
Adults who have high blood pressure	41.4	35.7 - 47.2	36.4	34.7 - 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	67.8	57.2 - 78.5	70.5	68.0 - 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	65.4	54.3 - 76.5	66.8	64.2 - 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 - 29.9)	36.3	30.4 - 42.1	34.7	32.9 - 36.5
Adults who are obese (BMI ≥ 30.0)	37.1	31.2 - 43.0	32.4	30.6 - 34.1
Physical Activity				
Adults who participate in any physical activity	65.5	60.1 - 71.0	70.3	68.7 - 71.9
Adults who meet moderate or vigorous physical activity recommendations	40.4	34.2 - 46.6	45.7	43.7 - 47.6
Tobacco Use				
Adults who are current smokers	22.2	17.4 - 27.0	25.6	23.9 - 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Gateway ADD	Gateway		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	3.2	1.1 – 5.2	4.8	3.7 – 5.8
Adults who reported binge drinking	9.4	4.7 – 14.1	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	35.2	29.4 – 41.0	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	7.4	4.5 – 10.4	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	15.6	11.0 – 20.2	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	6.4	3.5 – 9.2	5.9	5.2 – 6.6
Adults who have coronary heart disease	6.1	3.2 – 9.0	6.0	5.3 – 6.6
Adults who have ever had a stroke	5.0	2.2 – 7.8	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	75.8	69.0 – 82.6	78.3	76.5 – 80.1
Adults with high blood cholesterol	41.7	35.5 – 47.8	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	10.6	7.1 – 14.0	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	27.8	22.2 – 33.4	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	8.5	4.8 – 12.3	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	24.9	18.6 – 31.3	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	74.4	69.1 – 79.7	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	76.6	70.0 – 83.1	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	71.8	64.2 – 79.4	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	35.1	29.1 – 41.1	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	63.3	51.3 – 75.2	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	61.4	49.3 – 73.6	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	29.7	24.3 – 35.1	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	34.7	28.3 – 41.1	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	70.8	64.9 – 76.7	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	50.6	43.8 – 57.4	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	35.9	29.5 – 42.3	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Green River ADD	Green River		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	4.8	1.7 – 7.9	4.8	3.7 – 5.8
Adults who reported binge drinking	14.7	8.7 – 20.6	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	33.8	28.1 – 39.5	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	11.6	7.4 – 15.7	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	16.6	11.3 – 21.9	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	7.7	5.1 – 10.3	5.9	5.2 – 6.6
Adults who have coronary heart disease	8.0	5.5 – 10.6	6.0	5.3 – 6.6
Adults who have ever had a stroke	3.8	2.0 – 5.6	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	77.6	71.1 – 84.2	78.3	76.5 – 80.1
Adults with high blood cholesterol	42.9	36.6 – 49.1	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	13.6	9.0 – 18.2	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	24.3	19.5 – 29.0	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	9.3	6.7 – 12.0	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	15.1	11.1 – 19.2	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	75.8	70.5 – 81.1	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	87.0	81.7 – 92.4	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	84.0	77.5 – 90.5	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	38.3	32.5 – 44.2	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	69.8	61.8 – 77.9	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	72.3	64.8 – 79.8	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	35.3	29.4 – 41.3	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	33.4	27.1 – 39.7	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	72.3	67.5 – 77.1	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	46.1	39.4 – 52.8	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	29.1	22.9 – 35.4	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Kentucky River ADD	Kentucky River		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	3.4	0.8 – 6.0	4.8	3.7 – 5.8
Adults who reported binge drinking	9.2	4.9 -13.4	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	44.2	38.6 – 49.8	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	11.5	8.0 – 15.1	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	18.6	13.9 – 23.3	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	9.3	5.7 – 12.9	5.9	5.2 – 6.6
Adults who have coronary heart disease	10.7	7.0 – 14.4	6.0	5.3 – 6.6
Adults who have ever had a stroke	6.3	3.1 – 9.4	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	77.4	72.1 – 82.7	78.3	76.5 – 80.1
Adults with high blood cholesterol	45.5	39.6 – 51.4	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	15.7	12.0 – 19.3	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	36.9	31.3 – 42.5	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	16.3	12.0 – 20.6	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	19.6	14.7 – 24.4	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	63.6	58.3 – 69.0	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	80.3	75.5 – 85.1	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	76.2	70.5 – 81.9	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	44.7	39.2 – 50.2	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	67.1	57.0 – 77.2	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	65.5	55.1 – 76.0	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	37.2	31.7 -42.7	34.7	32.9 – 36.5
Adults who are obese(BMI ≥ 30.0)	35.6	29.9 – 41.2	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	61.3	55.7 – 66.9	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	36.9	31.2 – 42.7	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	34.4	28.7 – 40.1	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

KIPDA ADD	KIPDA		KENTUCKY	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	5.4	2.0 – 8.8	4.8	3.7 – 5.8
Adults who reported binge drinking	13.6	9.3 – 17.9	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	37.6	32.8 – 42.5	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	9.1	6.3 – 11.9	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	13.8	10.5 – 17.1	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	5.8	3.7 – 7.9	5.9	5.2 – 6.6
Adults who have coronary heart disease	4.6	3.2 – 6.0	6.0	5.3 – 6.6
Adults who have ever had a stroke	3.1	1.1 – 5.0	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	80.5	75.6 – 85.4	78.3	76.5 – 80.1
Adults with high blood cholesterol	38.5	33.6 – 43.5	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	12.9	10.0 – 15.8	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	24.8	20.5 – 29.0	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	10.0	7.1 – 13.0	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	26.0	21.2 – 30.7	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	81.5	77.9 – 85.1	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	88.6	85.3 – 91.8	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	86.3	82.3 – 90.2	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	37.4	32.6 – 42.1	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	70.9	64.0 – 77.8	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	68.3	61.2 – 75.4	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	32.4	27.3 – 37.6	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	32.7	28.0 – 37.5	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	73.6	69.4 – 77.8	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	45.4	40.1 – 50.7	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	23.3	18.5 – 28.1	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Lake Cumberland ADD	Lake Cumberland		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	3.3	0.7 - 5.9	4.8	3.7 - 5.8
Adults who reported binge drinking	7.7	4.3 - 11.1	12.4	10.8 - 13.9
Arthritis				
Adults who have arthritis	39.8	34.7 - 44.9	35.6	33.8 - 37.3
Asthma				
Adults who currently have asthma	11.2	7.8 - 14.7	10.2	9.0 - 11.3
Lifetime asthma prevalence among adults	15.3	11.4 - 19.2	14.9	13.5 - 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	9.3	6.6 - 12.0	5.9	5.2 - 6.6
Adults who have coronary heart disease	9.3	6.6 - 12.1	6.0	5.3 - 6.6
Adults who have ever had a stroke	6.2	4.0 - 8.5	3.7	3.1 - 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	73.1	67.7 - 78.5	78.3	76.5 - 80.1
Adults with high blood cholesterol	44.8	39.2 - 50.4	41.6	39.8 - 43.5
Diabetes				
Adults who have Diabetes	13.1	10.1 - 16.1	11.5	10.5 - 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	28.3	23.9 - 32.7	24.8	23.3 - 26.3
Adults with health problem(s) that requires the use of special equipment	13.0	9.6 - 16.4	9.9	8.9 - 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	16.4	12.7 - 20.1	21.1	19.5 - 22.3
General Health Status				
Adults who reported good or better health	66.3	61.1 - 71.6	77.2	75.8 - 78.6
Health Care Access/Coverage				
Adults who have health care coverage	82.7	78.6 - 86.8	84.4	82.9 - 85.9
Adults aged 18-64 who have health care coverage	78.6	73.5 - 83.7	81.3	79.6 - 83.1
Hypertension Awareness				
Adults who have high blood pressure	36.6	31.8 - 41.4	36.4	34.7 - 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	72.9	65.9 - 80.0	70.5	68.0 - 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	69.7	62.1 - 77.3	66.8	64.2 - 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 - 29.9)	38.3	33.1 - 43.6	34.7	32.9 - 36.5
Adults who are obese (BMI ≥ 30.0)	30.2	25.4 - 35.1	32.4	30.6 - 34.1
Physical Activity				
Adults who participate in any physical activity	61.8	56.5 - 67.1	70.3	68.7 - 71.9
Adults who meet moderate or vigorous physical activity recommendations	42.8	37.3 - 48.4	45.7	43.7 - 47.6
Tobacco Use				
Adults who are current smokers	33.1	27.5 - 38.7	25.6	23.9 - 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Lincoln Trail ADD	Lincoln Trail		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	3.7	0.7 – 6.8	4.8	3.7 – 5.8
Adults who reported binge drinking	9.8	5.8 – 13.9	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	28.4	23.8 – 32.9	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	9.1	5.6 – 12.5	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	13.3	9.3 – 17.2	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	5.1	2.6 – 7.5	5.9	5.2 – 6.6
Adults who have coronary heart disease	5.0	3.3 – 6.7	6.0	5.3 – 6.6
Adults who have ever had a stroke	3.5	1.3 – 5.7	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	79.7	74.7 – 84.8	78.3	76.5 – 80.1
Adults with high blood cholesterol	35.8	30.5 – 41.1	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	12.3	8.9 – 15.8	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	19.5	15.7 – 23.4	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	7.8	5.0 – 10.7	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	22.5	17.5 – 27.4	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	82.2	78.6 – 85.8	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	83.6	78.5 – 88.7	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	80.8	74.8 – 86.8	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	33.0	27.8 – 38.1	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	73.6	65.3 – 81.8	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	67.9	59.0 – 76.9	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	39.3	33.6 – 45.1	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	31.1	25.7 – 36.6	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	73.5	69.0 – 77.9	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	49.2	43.1 – 55.3	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	23.9	18.8 – 29.0	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Northern Kentucky ADD	Northern Kentucky		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	7.7	3.5 - 11.9	4.8	3.7 - 5.8
Adults who reported binge drinking	18.0	12.6 - 23.4	12.4	10.8 - 13.9
Arthritis				
Adults who have arthritis	31.4	26.1 - 36.8	35.6	33.8 - 37.3
Asthma				
Adults who currently have asthma	7.9	5.0 - 10.7	10.2	9.0 - 11.3
Lifetime asthma prevalence among adults	13.3	9.5 - 17.1	14.9	13.5 - 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	5.2	2.8 - 7.6	5.9	5.2 - 6.6
Adults who have coronary heart disease	4.8	2.5 - 7.1	6.0	5.3 - 6.6
Adults who have ever had a stroke	3.0	1.5 - 4.5	3.7	3.1 - 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	79.1	73.7 - 84.6	78.3	76.5 - 80.1
Adults with high blood cholesterol	39.1	33.0 - 45.2	41.6	39.8 - 43.5
Diabetes				
Adults who have Diabetes	7.9	5.2 - 10.6	11.5	10.5 - 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	21.2	16.7 - 25.6	24.8	23.3 - 26.3
Adults with health problem(s) that requires the use of special equipment	5.5	3.4 - 7.6	9.9	8.9 - 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	19.0	14.1 - 24.0	21.1	19.5 - 22.3
General Health Status				
Adults who reported good or better health	82.2	77.8 - 86.6	77.2	75.8 - 78.6
Health Care Access/Coverage				
Adults who have health care coverage	89.7	86.1 - 93.2	84.4	82.9 - 85.9
Adults aged 18-64 who have health care coverage	88.4	84.4 - 92.5	81.3	79.6 - 83.1
Hypertension Awareness				
Adults who have high blood pressure	35.0	29.4 - 40.6	36.4	34.7 - 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	75.0	66.7 - 83.3	70.5	68.0 - 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	71.1	62.1 - 80.1	66.8	64.2 - 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 - 29.9)	39.0	33.0 - 45.1	34.7	32.9 - 36.5
Adults who are obese (BMI ≥ 30.0)	27.9	22.5 - 33.2	32.4	30.6 - 34.1
Physical Activity				
Adults who participate in any physical activity	72.4	67.3 - 77.5	70.3	68.7 - 71.9
Adults who meet moderate or vigorous physical activity recommendations	53.3	47.1 - 59.4	45.7	43.7 - 47.6
Tobacco Use				
Adults who are current smokers	23.6	18.3 - 28.9	25.6	23.9 - 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Pennyrile ADD	Pennyrile		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	8.7	3.2 – 14.3	4.8	3.7 – 5.8
Adults who reported binge drinking	15.8	8.6 – 23.1	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	31.4	25.5 – 37.4	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	11.6	6.5 – 16.6	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	16.2	10.4 – 22.0	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	4.8	2.6 – 7.0	5.9	5.2 – 6.6
Adults who have coronary heart disease	5.1	2.9 – 7.4	6.0	5.3 – 6.6
Adults who have ever had a stroke	5.7	2.0 – 9.5	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	70.2	62.9 – 77.6	78.3	76.5 – 80.1
Adults with high blood cholesterol	46.4	39.3 – 53.5	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	10.3	7.2 – 13.3	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	23.1	17.6 – 28.6	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	9.9	5.9 – 14.0	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	17.1	12.3 – 21.9	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	75.0	69.3 – 80.6	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	80.7	74.3 – 87.1	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	76.5	68.7 – 84.2	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	34.3	28.4 – 40.3	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	67.8	58.7 – 76.8	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	60.0	51.0 – 68.9	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	35.0	28.2 – 41.9	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	32.1	25.7 – 38.4	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	70.1	64.4 – 75.7	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	47.7	40.7 – 54.8	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	28.3	21.3 – 35.2	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.

Area Development District (ADD) Profiles

Kentucky Behavioral Risk Factor Surveillance System (BRFSS) 2009

Purchase ADD	Purchase		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	5.7	2.5 – 8.9	4.8	3.7 – 5.8
Adults who reported binge drinking	14.7	9.2 – 20.2	12.4	10.8 – 13.9
Arthritis				
Adults who have arthritis	34.1	29.1 – 39.0	35.6	33.8 – 37.3
Asthma				
Adults who currently have asthma	7.7	5.1 – 10.3	10.2	9.0 – 11.3
Lifetime asthma prevalence among adults	13.6	9.9 – 17.3	14.9	13.5 – 16.2
Cardiovascular Disease				
Adults who have ever had a heart attack	5.6	3.6 – 7.7	5.9	5.2 – 6.6
Adults who have coronary heart disease	7.2	4.7 – 9.7	6.0	5.3 – 6.6
Adults who have ever had a stroke	4.6	2.7 – 6.5	3.7	3.1 – 4.3
Cholesterol Awareness				
Adults who had their blood cholesterol checked in past 5 years	77.5	71.7 – 83.3	78.3	76.5 – 80.1
Adults with high blood cholesterol	42.1	36.6 – 47.5	41.6	39.8 – 43.5
Diabetes				
Adults who have Diabetes	11.1	8.0 – 14.2	11.5	10.5 – 12.5
Disability				
Adults with limited activity due to physical, mental, or emotional problems	25.8	21.3 – 30.2	24.8	23.3 – 26.3
Adults with health problem(s) that requires the use of special equipment	9.4	6.6 – 12.2	9.9	8.9 – 11.0
Fruits and Vegetables				
Adults who consume 5 or more servings of fruits or vegetables per day	19.3	14.3 – 24.3	21.1	19.5 – 22.3
General Health Status				
Adults who reported good or better health	79.7	75.9 – 83.5	77.2	75.8 – 78.6
Health Care Access/Coverage				
Adults who have health care coverage	87.7	83.4 – 92.0	84.4	82.9 – 85.9
Adults aged 18-64 who have health care coverage	84.6	79.2 – 90.0	81.3	79.6 – 83.1
Hypertension Awareness				
Adults who have high blood pressure	40.2	34.9 – 45.5	36.4	34.7 – 38.1
Immunization				
Adults aged 65+ who had a flu shot in past year	64.2	55.8 – 72.6	70.5	68.0 – 73.0
Adults aged 65+ who have ever had a pneumonia vaccination	65.9	58.1 – 73.7	66.8	64.2 – 69.5
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	33.1	27.8 – 38.4	34.7	32.9 – 36.5
Adults who are obese (BMI ≥ 30.0)	31.5	26.2 – 36.9	32.4	30.6 – 34.1
Physical Activity				
Adults who participate in any physical activity	70.6	65.8 – 75.4	70.3	68.7 – 71.9
Adults who meet moderate or vigorous physical activity recommendations	44.6	38.6 – 50.7	45.7	43.7 – 47.6
Tobacco Use				
Adults who are current smokers	23.4	18.1 – 28.7	25.6	23.9 – 27.3

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.